

Eating Locally

Supporting Health & Prosperity for Kansans

Food Insecurity: A Modern Crisis

In 2019, more than one in ten U.S. households, and more than one quarter of households with mothers and children 12 and under, were food insecure at some point.¹ By the end of April 2020, more than one in five U.S. households, and two in five with mothers and children 12 and under were food insecure.² Food insecurity is the disruption of food intake or food patterns because of lack of money and other resources.³



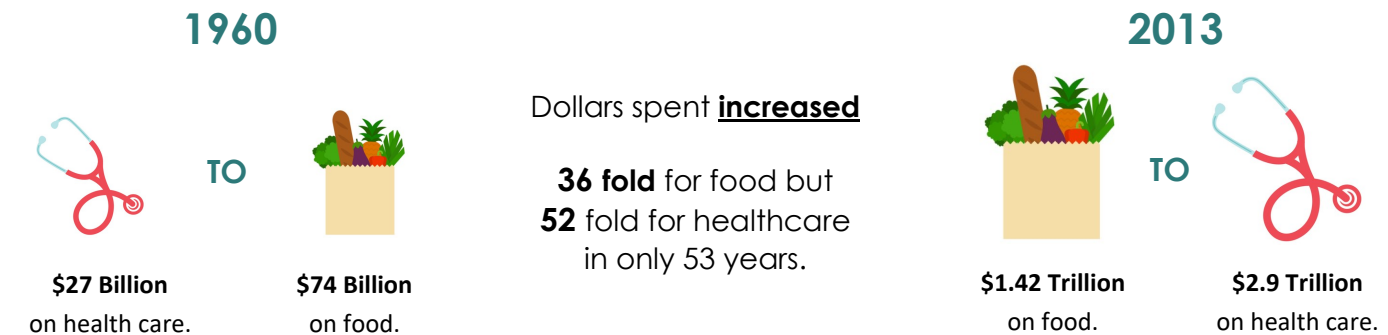
Defining Local Food

There is no single definition of local food. Some organizations define local food as being grown within a certain number of miles along with availability and seasonality of a product.⁴

Farm to Table is about making food from the farm directly available to the consumer, whether an individual, a family, a restaurant, or even a child or adult feeding program. Farm to Table is a movement to support local farmers more directly and help make sustainable their efforts and products by making a preference for locally-sourced foods.⁵

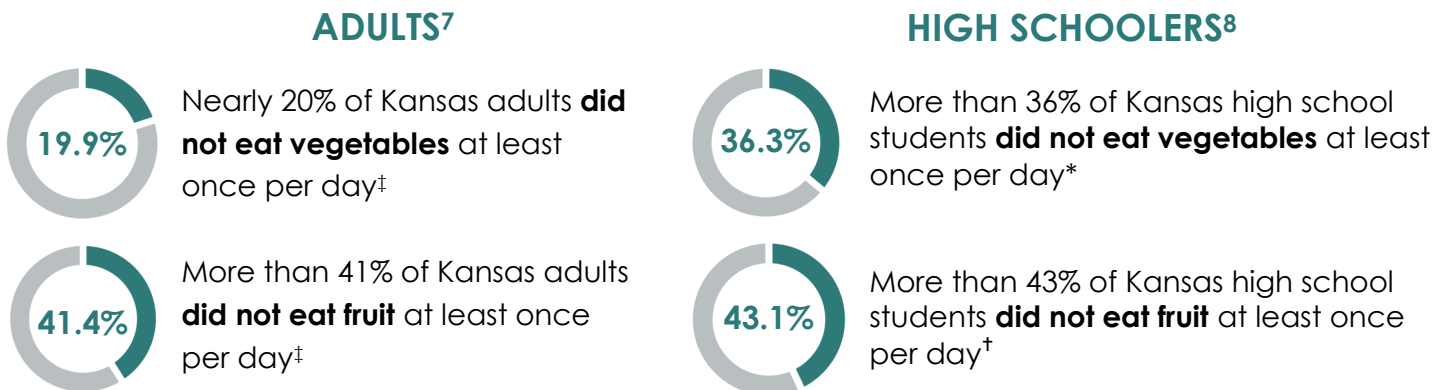
The Cost of Food vs Health Care

In 1960, Americans spent three times as much on food as on healthcare. By 2013, that ratio had flipped, with Americans spending twice as much on health care as on food.⁶



Fruit and Vegetable Consumption

Daily fruit and vegetable consumption among adults and high school student in Kansas, 2019.



Daily fruit and vegetable consumption among Kansas adults varies by income level and insurance status :

- Of Kansas adults with a household income less than \$25,000, a quarter (25.5%) did not eat vegetables daily and almost half (47.8%) did not eat fruit daily.⁷
- Of Kansas adults without health insurance, a quarter (24.2%) did not eat vegetables daily and almost half (48.4%) did not eat fruit daily⁷

[‡]during the past 30 days

*during the 7 days before the survey

[†]during the 7 days before the survey; includes 100% fruit juice

Health Impact: Highly Processed Foods



Ingredients in highly processed foods include hydrogenated oils, high-fructose corn syrup, flavorings, and emulsifiers.⁹

31%



People eating and drinking the highest amounts of highly processed foods have a 31% higher risk of death than the rest of the population.¹⁰

Highly processed foods are often cheaper and more convenient than making a meal from whole foods, but they're usually high in calories, salt, sugar and fat.⁹

Health Impact: Highly Processed Foods (continued)

Eating and drinking highly processed products harms people's health and severely strains our health systems.¹⁰



Guidelines **recommend** less than 2,300 mg a day, but Americans consume **more than** 3,400 mg a day on average.¹¹ That's 150% more salt than we need, every single day.



Over **70%** of the sodium that Americans eat comes from packaged, processed, store-bought, and restaurant foods.¹¹

Chronic Disease & Obesity

Obesity can be caused by low quality eating habits, which can then cause other preventable chronic diseases, including heart disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health.¹²



1 in 3

Kansas adults with obesity in 2019.⁷



3 in 20

Kansas high schoolers with obesity in 2019.⁸

Industrial Agriculture, Rural Communities & Small Farmers

The shift from small farms to larger industrialized ones hurts both rural communities and the traditional American farm.¹³



Small family and nonfamily farms produced 46% of the nation's agricultural products in 1991, but by 2015 that share had fallen by half (under 25%).¹⁴



Farmworkers associated with Concentrated Animal Feeding Operations (CAFOs) earn only 58% of what wage and salary workers earn. About 45% of all farmworkers 25 years of age and older earn less than the poverty level for a family of four.¹³

Impacts of Local Food Production

The number of farms selling directly to consumers grew by 17% from 2002 to 2007 and grew another 6% from 2007 to 2012.¹⁵



On the farm, a system of locally-grown and locally-sold vegetables **creates 13 full-time operator jobs** for every \$1 million earned in revenue. In contrast, farms that do not grow and sell vegetables locally create only 3 full-time operator jobs.¹⁶



For every \$100 rise in spending on local farm products among a county's population, that county can expect about **a 1% drop in the obesity rate!**¹⁷

Eating Locally and Health Outcomes

A healthy diet includes plenty of fruits and vegetables and limits highly processed foods.



A diet **high** in fruits and vegetables is associated with a **decreased** risk of heart disease and some forms of cancer.¹⁸

Because local foods are usually more nutritious, fresher, and less processed, eating local foods is associated with **better nutrition, obesity prevention, and reduced risk of diet-related chronic disease.**¹⁹

Studies show that farmers selling their produce directly to the consumer **helps lower obesity, diabetes, and the overall death rate.**¹⁷

Eating Local vs Imported Foods

Eating more local food reduces carbon dioxide emissions by reducing food miles, or the distance food travels from farm to consumer.²⁰



Overall, animal-based foods tend to have a **higher carbon footprint** than plant-based foods. Less meat is almost always better for your carbon footprint than sustainable or local meat.²¹

However, transportation represents 11% of life-cycle greenhouse gas emissions, and final delivery from producer to retail contributes only 4%.²²

What you can do...

There are lots of ways to get started...

1

Buy and eat local food (especially local produce)!

2

[Grow](#) or [sell](#) your own foods locally, especially produce.

3

Avoid highly processed food products as much as possible.

4

Follow recommendations for [healthy eating](#) and for [physical activity](#).

5

[Support farmers markets](#) or [community supported agriculture](#) (CSA) in your area.

6

Connect with the Kansas State Department of Education's [Farm to School](#), [Farm to Plate](#), and [Child and Adult Care Food Program](#) for children, students, and functionally impaired adults.

7

Connect with the Kansas Department of Health and Environment's [Chronic Disease Risk Reduction](#) Grant Program or with a CDRR-funded community in your area.

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